

ARE YOU READY

with some Zam-Buk on hand in case of accident? We all know what serious results often follow minor injuries.

When Zam-Buk is applied to a wound it immediately destroys all harmful germs and extracts all poisonous matter, and thus removes all danger from festering or blood-poisoning. Zam-Buk's soothing heral extracts end the pain and banish the soreness. Then the healing essences in this famous balm grow new, healthy skin.

A box of Zam-Buk kept handy, both in the home and at work, will save much suffering and loss of time and money. 50c box, 3 for \$1.25. All druggists and stores, or Zam-Buk Co., Toronto. Send 1c stamp for postage on free trial box.



USE "TIZ" IF FEET ACHE, BURN, PUFF UP

Can't Beat "Tiz" for Sore, Tired, Swollen, Calloused Feet or Corns.



You can be happy-footed in a moment. Use "Tiz" and never suffer with tender, raw, burning, blistered, swollen, tired, smelly feet. "Tiz" and only "Tiz" takes the pain and soreness out of corns, callouses and bunions.

As soon as you put your feet in a "Tiz" bath, you just feel the happiness soaking in. How good your poor old feet feel. They want to dance for joy. "Tiz" is grand. "Tiz" instantly draws out all the poisonous exudations which puff up your feet and cause sore, inflamed, aching, sweaty, smelly feet.

Get a 25-cent box of "Tiz" at any drug store or department store. Get instant foot relief. Laugh at foot sufferers who complain. Because your feet are never, never going to bother or make you limp any more.

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You've tried the rest; now get the best.

Molasses Peppermint . . . 30c per lb.
Toasted and Plain Marshmallow
Marshmallow Nut Bars . . . 5c each
Peanut Crisp . . . 30c per lb.
Lettuce Fresh Every Week.

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Phone 141 302 King St.

SAYS WE BECOME CRANKS ON HOT WATER DRINKING

Hopes every man and woman adopts this splendid morning habit.

Why is man and woman, half the time feeling nervous, despondent, worried, some days headachy, dull and unstrung, some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water, with a teaspoonful of limestone phosphate in it, as a harmless means of washing out the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside bath. A quarter-pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing, sweetening and refreshing effect upon the system.

FROM THE COUNTRYSIDE

Frontenac

BARRIEFIELD.
March 26.—Mrs. W. Norman, Jr., gave a birthday party in honor of her little son, Stanley. Mrs. Elliott and little daughter, of Toronto, are the guests of Sergt. and Mrs. Gray. Sergt. McKay's wife gave a farewell event in honor of Mrs. Lothain on Friday afternoon. Mrs. Lothain has returned to Montreal, having spent the winter with Mr. and Mrs. Warrington.

WILBUR.

March 28.—W.S. Jackson, who has been ill for some time, passed away on March 27th. He leaves to mourn his loss two daughters and one son, Jessie, at home; Mrs. F. Paul, Reston, Man.; and James, of Kisby. William Thomas, who has been ill for some days, is being removed to the General Hospital, where he will receive medical treatment. Miss Mary Mureau made a business trip to Kingston on Tuesday. Mr. and Mrs. Thomas Lee at W. W. Roche's this week.

FEIGUSON'S FALLS.

March 27.—Miss Alice Quinn, who was visiting her sister, Mrs. J. McCann, of Carleton Place, has returned home. W. Rothwell, who was returning home from Lanark with a team of horses, met with a mishap. One of them went down in the snow, but with the assistance of Mr. Badour he got it out. Mrs. M. Gray and her son Vance visited friends in Perth Monday. L. J. Badour, who was ill with grippe, is moving around again. Mrs. W. Burns, of this vicinity, died on Saturday, March 24th, of grippe. C. Hollinger sold a team of Clydesdale horses last week.

WESTBROOK.

March 29.—Marshall Price is kept busy throughout the neighborhood with his sawing machine. Owing to the heavy storm on Tuesday, the roads are in a bad condition. The Red Cross Society met at the home of Mrs. J. L. Sproule on Thursday afternoon and was well attended. The first automobile of the season passed through the village last Saturday evening. Mrs. Roy Adsett returned home on Friday last from Kingston General Hospital. Rev. L. M. England visited Mr. and Mrs. John Marley Sunday afternoon. Mr. and Mrs. J. P. Rose and Mrs. H. Snook spent Wednesday last with Mr. and Mrs. B. Rose, Collins Bay. Miss Edith Sandercock has returned to her home here. Stanley Snider, Maple Lane, was a recent visitor in the village. D. Ames lost a valuable cow on Wednesday. Farmers have tapped their sugar bushes and report a good run of sap. William Robinson spent Sunday at his home at Ever Green Valley.

Leeds

CHAFFEY'S LOCKS.
March 26.—An enjoyable evening was spent by the neighbors and friends of Mr. and Mrs. Vincent Murphy on March 17th. The sewing bee at Mrs. J. J. Murphy's was well attended and good work was done. Miss Julia McCann, Westport, is visiting Mrs. Vincent Murphy. Miss P. C. Doyle is visiting at Elgin. The friends of W. Kennish are pleased he is doing well after his operation and that he will be able to return home soon. J. K. Regan has returned to his home from Kingston. The snow has almost disappeared. Sledges are a thing of the past and wheels have taken their place. Several people have tapped their maple trees and have made preparations for a large quantity of sap. Mrs. J. W. Simmons visited at Kingston last week.

WAGARVILLE.

March 28.—Farmers have tapped their sugar bushes and report a good run of sap. James Smith, of Parham, is operating his sawing machine in the neighborhood. Robins and other spring birds have made their appearance here. A. S. Wagar, who has spent the past winter in Parry Sound district, has returned home. Services were conducted here on Sunday last in the Methodist church by Rev. W. W. Doherty, and many attended. Damon Goodberry is spending a few days with relatives at Long Lake. Miss Henrietta Smith has gone to Detroit, Mich., to visit her sister, Mrs. John Beech. Harvey Cronk made a business trip to Enterprise recently. G. R. Howes is preparing to erect a new barn. A number of men from this place have gone to Trenton, where they have secured employment. A few young folks from here attended the concert at Parham and an enjoyable evening was spent. Roads are in a very bad condition. R. A. Hamilton, assessor for the township, made his annual trip through here some time ago. Visitors: Mr. and Mrs. R. H. Smith at A. Wagar's; Mrs. J. Gosling and family, of Hartington, at C. F. Goodberry's; Mr. and Mrs. Armstrong at Mercersburg's.

WASHBURN'S CORNERS.

March 28.—A number here have tapped their sugar trees and report a poor yield. Relatives here attended the funeral of the late Mrs. M. M. Moulton of Seeley's Bay, on the 27th. Mrs. Moulton was highly esteemed by all who made her acquaintance. She had reached the age of ninety years. News was received here to-day of the death at Delta of Frank White. Our cheese factory opened on Monday with a good supply of milk. Friends here received word of the death at Raleigh, N.C., of Oscar Chapin, who was born at Plum Hollow sixty-six years ago. Edward Gray had the misfortune to lose a valuable cow last week. Mrs. Byron Beale is seriously ill. Ogle Webster and family have moved to the Morrison farm. Mrs. H. Laforty, who

RUSSIA WILL NOT WAVER

SETTLING DOWN TO PROSECUTION OF THE WAR

With Undiminished Vigor—Army Discipline Adheres—Nafion is Abolished From Allegiance to Nicholas, Church Says.

Petrograd, March 30.—Impressions of my visit to Riga justify the hope of maintenance of discipline in the Russian army. During the difficult period with necessarily follow the revolutionary upheaval officers and men realize their responsibility before the nation and allies for a continuation of the war, and undiminished vigor will be their first duty. The seditious propaganda is fast losing its sway over the minds of even the most ignorant.

The Minister of War and Marine met with rousing reception from the garrison and inhabitants of Pskoff. A huge concourse of soldiers and civilians greeted him at the station. He reminded his hearers that Pskoff had been the scene of the abdication and overthrow of the old regime. In response to his eloquent appeal the delegates of soldiers, officers and workmen solemnly declared their determination not to waver. Amid tremendous cheers the Minister withdrew.

The chief of the local militia stated that 40 or 50 persons daily had been arrested on arrival at Pskoff disguised as soldiers, and even officers, on suspicion of acting as agents of the old regime. Many of them proved to be spies and informers in the pay of the old Government or Germany, and their undoubted presence was a "agents provocateurs" among the ranks of the revolutionary bodies. The arrest of the editor of Pravda, the organ of the Russian Social Democratic Labor party, cast discredit upon the activity of the extremists.

Archbishop Andrew Prince Vkomski, the new metropolitan of Petrograd, explains in a pastoral letter that the abdication signed by Nicholas necessarily absolves them from the oath of allegiance to the old emperor. The last lingering doubts as to the legality of the new order is thus removed.

The chief commanders of the Russian army all realize their great responsibilities, but there is no suspicion of wavering. They are animated by the firmest confidence in the support of the allied armies. General Brusilov enjoys good health. He takes long walks daily through the ancient city unattended. He is a popular idol. General Radko Dmirtseff is hale and hearty and undiminished by the prospect of the struggle with the advancing hordes of the enemy. General Dragomiroff has displayed coolness and promptitude in dealing with the situation at Evensk, which is rendered difficult by the activity of seditious agitators. General Dragomiroff is likely to play a leading part in future operations.

WET CANTEN NOT BY CANADIAN ORDERS

Sir Edward Kemp Investigates A British Member's Reported Assertion.

Ottawa, March 30.—The truth of the cabled despatch from London quoting Mr. McPherson, a member of the British Commons, as saying that the wet canteen was introduced into the Canadian camps in England at the request of the Canadian authorities, is being investigated by Sir Edward Kemp, Minister of Militia. He has cabled to London asking for the authority on which Mr. McPherson made his assertion. So far as the records here show, there appears to be no authorization given from Ottawa for wet canteens for the Canadian troops overseas.

Major-General Sir Sam Hughes says that he never gave any authority for the departure from the established rule in Canadian militia camps, prohibiting wet canteens. When he went to England just after the first troops got to Salisbury, he was asked to countenance wet canteens, but refused. It was represented to him, however, that the canteen question was controlled in England by War Office arrangements, and that Canada practically had to act in conformity with the arrangements already made by the authorities in London. After Sir Sam's return to Canada, General Alderson, apparently on his own responsibility, instituted the wet canteen for the Canadian camps. At any rate Sir Sam and the Canadian officials here assert that any responsibility for the introduction of the wet canteen for the Canadian troops overseas rests with the overseas authorities, and did not come from any Canadian request.

NEW AFFRONT OFFERED AMERICANS IN BELGIUM

Germans to Impose "News Quarantine" For Four Weeks' Period.

The Hague, via London, March 30.—The Associated Press has been informed from an absolutely authentic source that the German Government will ask American officials and relief workers in Belgium to submit to a period of "news quarantine," the time not to exceed four weeks, in order to prevent military information from leaking out.

The time would count from the day the men lay down their present charges and notify the authorities in Brussels of their readiness to depart. They will be asked to assemble at some centre, like Liege, or preferably some German city, such as Cologne, Karlsruhe or Munich, which they would not be allowed to leave for the period mentioned.

The "news quarantine" would also apply to Brand Whitlock, the American minister in Belgium, and his staff.

When a young man and his girl go to the movies and hold hands they are sure to like the show. According to the city child's idea grass is something you have to keep off of.

Lennox and Addington

BATH.

March 29.—Rev. Mr. Seymour took charge of the services of the Methodist church on Sunday last in Newburgh, the pastor there, Rev. Mr. Farnsworth having been sick for some time. The islanders are not coming over very much now owing to the ice being so weakened by the recent warmer weather and rain. On Tuesday last, March 27th, to Mr. and Mrs. Frederick Calver a daughter.

TAMWORTH.

March 8.—Roy Evans has gone to Camrose, Alta. J. A. Hunter has several car loads of autos coming in a few days. There are three sawing machines here cutting wood. William Barry had his hand badly cut by a sawing machine. Mrs. William Tryon lost her house and barn by fire last week, also ten head of sheep and other contents. William Killin and Son lost their house and contents by fire. J. A. Hunter is shipping several car loads of wood.

ENTERPRISE EAST.

March 27.—The ice has commenced to break up in the river, and large stretches of open water can now be seen. It looks good to see the water again. The same might be said of the land; large patches of bare earth are showing up. Old Mother Earth has laid hidden by a heavy pall of snow for about four months now, and we are all glad to see her again. We understand the cheese factory will commence operations about the first of April. There are some hopes of feed this winter and cows should give an exceedingly large flow of milk, as they have wintered well. All the summer resorts are making preparations for the accommodation of the tourists and summer resorters who may come this way. Mrs. Joseph Kenny is recovering from a severe attack of grippe. There has been quite an epidemic of grippe of late in this community. Edward Hayes, Crow Lake, was visiting friends here on Sunday. Mrs. J. B. Evans, Mossy, and children, and Miss Nellie Finn visited at John Scully's on Sunday. Misses Katie Dillon and Florence Dunn and George Matthewson, Kingston, were at P. Buckley's Monday evening. Misses Frances and Florence McDonald were the guests of Miss Mary Segriff on Saturday. Mr. and Mrs. J. E. Fier visited at Eugene Dillon's. Miss Eva Cassidy, Centreville, is at P. Dillon's. Miss Katie Dillon entertained a number of her friends on Sunday evening. Miss Susie Foster returned home on Thursday after spending the past three weeks at the hospital in Trenton and Belleville. Leo Finn was at George Perrault's on Sunday. The Red Cross concert in the Y.M.H.A. Hall Friday evening, March 16th, was a decided success.

IMPUDENT DEMANDS MADE ON RUMANIA

German Asks Immediate Release of All Interned Germans There.

London, March 30.—An official despatch received from Jassy, Rumania, says the Swiss Minister there has notified the Rumanian Government on behalf of the German Foreign Office that unless Rumania releases by April 14th all interned Germans, including those of military age, Germany will seize more hostages in the occupied districts of Rumania and will deport these new hostages to Bulgaria and Turkey.

The despatch adds that no reply to the demand has been made, but that it is not likely that Rumania will accede.

The Problem.

She (delightedly)—"Father says if we want to get married he will pay half the expenses of furnishing a house for us."
He (despondently)—"But who will pay the other half?"—Chicago Herald.

Suspicion.
"Gladstone used to chop a tree down before breakfast."
"Maybe," replied the self-indulgent person. "But I suspect he was one of those people who, most mornings, don't want any breakfast."—Washington Star.

Have You Been Sick?

Then you must know that sickness leaves weakness and you should commence taking **SCOTT'S EMULSION** to put an edge on your appetite, put power in your blood, induce restful sleep and restore your nerve force. Scott's is a true tonic-food free from drugs and poisons.

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Tweed Rain Coats, \$12.00 to \$18.00.
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SHILOH is good for coughs—for nearly half a century that has been the watchword in thousands of homes.
Shiloh brings quick relief to an inflamed cough-racked throat. It cuts the dangerous phlegm in croup, eases a hard tearing cough and is the great preventative of more serious troubles. Shiloh doesn't upset the stomach. It is extremely pleasant to take and because of the small dose you will find it, we think, the most economical medicine you ever used.
Let Shiloh cure your next cough.
25c, 50c and \$1.00, at all druggists.

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149 Sydenham Street

GRAND TRUNK RAILWAY SYSTEM
LOCAL BRANCH TIME TABLE
In effect Jan. 14th, 1917.
Trains will leave and arrive at City Depot, foot of Johnson street.
GOING WEST
No. 13 Mail 12:20 a.m. 12:27 a.m.
No. 12 Express 2:58 a.m. 3:36 a.m.
No. 27 Local 6:40 a.m. 7:12 p.m.
No. 14 Int'l Ld. 1:08 p.m. 1:31 p.m.
No. 1 Int'l Ld. 1:41 p.m. 2:13 p.m.
No. 7 Mail 5:04 p.m. 5:40 p.m.
GOING EAST
No. 13 Mail 1:40 a.m. 2:17 a.m.
No. 16 Express 2:58 a.m. 3:36 a.m.
No. 4 Mail 12:20 p.m. 12:52 p.m.
No. 14 Int'l Ld. 1:08 p.m. 1:31 p.m.
No. 23 Local 6:48 p.m. 7:22 p.m.
Nos. 1, 6, 7, 13, 14, 16, 19 run daily.
Other trains daily except Sunday.
Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York.
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Mrs. Robert Wallace, Belleville, received a cable on Tuesday announcing that her son Lieut. E. D. Wallace, had been killed in an aeroplane accident.